

**AUGUST 2019**

**QUIN-TOWN SENIOR CENTER, Hancock, VT 05748**

**802-767-3763**

SUN	MON	TUE	WED	THUR	FRI	SAT
<p>Help us prepare by making reservations in advance! 767-3763</p>	<p>Over 60 Suggested Meal Donation \$3.50 Under 60 Meal \$5.00</p>			1	<p><b>2 Bingo 11:30AM</b> Fish Sandwich Coleslaw French Fries Whole Grain Roll Orange Chiffon <b>Birthday Cake</b></p>	3
<p>4 <b>EVERYONE WELCOME</b>  Donations may be mailed to: Quin-Town PO Box 113 Hancock, VT 05748</p>	<p>5 Baked Chicken Rice Carrots Broccoli Chocolate Chip Cookie</p>	6	<p>7 Stuffed Shells w/Tomato Sauce Tossed Salad Garlic Bread Peaches <b>Raffle Starts</b></p>	8	<p><b>9 Bingo 11:30AM</b> Salisbury Steak Mashed Potato Peas &amp; Carrots Whole Wheat Bread Cherry Cobbler</p>	10
<p>11 <b>1% Milk</b>  <b>LUNCH SERVED MONDAY WEDNESDAY FRIDAY AT NOON</b></p>	<p>12 Mac &amp; Cheese Harvard Beets Yellow Squash Cornbread Mandarin Oranges</p>	13	<p><b>14 Relax and Color! 11:30AM</b>  Chef's Choice <b>Raffle Drawing</b></p>	15	<p><b>16 Bingo 11:30AM</b> Spanish Rice Spinach Salad Whole Wheat Bread Blueberry Cake</p>	17
<p>18 <b>SENIOR HELPLINE 1-800-642-5119</b></p>	<p>19 Egg Salad Sandwich on Whole Wheat Bread Broccoli Sweet Potato Fries Oatmeal Raisin Cookie <b>Board Meeting 1PM</b></p>	20	<p><b>21 Bingo 11:30AM</b> Spaghetti Salad w/Turkey Kielbasa Tossed Salad Roll Fruit Cocktail</p>	22	<p><b>23 Blood Pressure Checks 11:30AM</b> Pot Roast w/Potatoes, Carrots, Onion, Celery Whole Grain Bread Strawberry Shortcake</p>	24
<p>25 <b>MENU SUBJECT TO CHANGE AT ANY TIME</b></p>	<p>26 Chicken &amp; Rice Casserole Glazed Carrots Cauliflower Apricots</p>	27	<p><b>28 Music by Tony &amp; Judy Seeger 11AM</b> Meatloaf Baked Potato w/Sour Cream Snow Peas Cantaloupe</p>	29	<p><b>30 Bingo 11:30AM</b> Hamburgers on Whole Wheat Bun w/Lettuce, Tomato, Onion Potato Salad Watermelon</p>	